



Puzzled By Nutrition?



Lately, does it seem like everyone has different ideas about diet and nutrition? Who's right and who's not?

TRUE OR FALSE: TEST YOUR NUTRITION KNOWLEDGE

1. Chocolate is good for you.



True— Dark chocolate contains antioxidants (phenols), which protect against heart disease. 2/3 of fat found in dark chocolate comes from stearic acid and oleic acid; fats that do not raise LDL cholesterol levels (the bad cholesterol.) Good news for chocolate lovers.

Remember – Chocolate must be eaten in moderation because it is high in fat. Do not substitute dark chocolate for vegetables and other nutritious foods. Milk chocolate does not contain the same benefits as dark chocolate.

2. The iron in meat is better absorbed than the iron in vegetables.

True- Your body does absorb the iron in meat better than the iron in vegetables. Because of this, even though certain vegetables such as spinach contain more iron than meat does, you usually end up getting less iron than you think. Sufficient iron helps to prevent anemia, which causes one to feel tired and listless.

Remember – Eat lean red meat, continue to eat vegetables high in iron, consume a total of 8 mg iron per day.

3. Calcium is the only nutrient you need for healthy bones?

False- While we certainly need daily calcium for growing and maintaining healthy bones, other nutrients are also essential, such as Vitamin D and A, magnesium, phosphorus and protein. Milk provides all these and 9 other essential nutrients in a single wholesome package.

Remember – Choose low-fat and non-fat milk, yogurt, cheeses and ice cream. Many people do not realize that these products have the same amount of protein, calcium and Vitamin D as the high-fat choices. The only things different are the fat and calories!



4. Eat fat-free foods and you won't gain weight.

False- Fat-free foods are not calorie free foods. Some fat-free foods have the same number of calories as the original version. Often when the fat is taken out, more sugar is added which adds calorie. People often think that they can eat twice as much of a food because it is fat-free, this is not true. You gain weight by consuming more calories than you use.

Remember – Read food labels, be sure to look at total calories. Don't forget to look at the serving sizes, and do not over do it.

5. You need less food in hot weather than when it is cold.

False- As the temperature outside rises, your appetite may decrease. Even if you do not feel hungry you still need to eat. You need as much energy to perspire and stay cool as you do to stay warm. If you do find yourself eating less and your health will not suffer from losing a little weight over the summer months, then be sure that you still get your full quota of essential nutrients. Eat foods high in vitamins and minerals. Drink at least eight, 8 ounce glasses of liquid a day. Your body will not function correctly if it is dehydrated.



Remember –Don't skip meals, make nutritious choices. Liquid consumption is very important – Drink water throughout the day. Drink a glass of liquid when you wake up, with every meal, with snacks, and at bed time. The liquid does not have to be water. Other examples are decaf tea, coffee, juice and broths.

YOU CAN SORT OUT THE TRUTH!

- If it sounds too good to be true than it probably is.
- Consider the source, is it reliable?
- Is someone trying to make money off of the claim?
- Do your homework, is the nutrition claim acknowledged by the USDA? (United States Department of Agriculture)
- Ask your doctor about the health/nutrition claim, and if it is a healthy choice for you.



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